



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TENNOVA FAMILY YMCA

## LAP POOL SCHEDULE

March 2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	7am-10:00am 11am-5:30pm	12-5:30pm
<b>Open/Family Swim</b>	1pm – 5pm 6:30-8pm	1pm – 7pm	1pm – 6:30pm	1pm -5pm 7-8pm	1pm – 8:30pm	12-5:30pm	1-5:30pm
<b>Aqua Aerobics</b>	9-9:45am 10-10:45am (Arthritis pool) 11-11:45am	10-10:45am 11-11:45am (Arthritis pool)	9-9:45am 10-10:45am (Arthritis pool) 12-12:45pm 6:30-7:15pm	10-10:45am 11-11:45am (Arthritis pool) 6:15-7pm	9-9:45am 10-10:45am (Arthritis pool) 12-12:45pm	10:15-11am	
<b>Swim Lessons</b>	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm		9am-12pm	

Please share lap lanes. No more than 2 people per lap lane, starting and stopping on opposite ends of the lane. Please see our online schedule for lanes usage for each activity as well as activity descriptions. This schedule is subject to change.

## THERAPY POOL SCHEDULE

March 2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Therapy (18 and up)</b>	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	7am-9am 12-5:30pm	12-5:30pm
<b>Swim lessons</b>						9am-12pm	
<b>Aqua Arthritis</b>	10-10:45am	11-11:45am	10-10:45am	11-11:45am	10-10:45am		

\*Private lessons may take place at various times

\*THERAPY POOL IS FOR MEMBERS AND GUESTS 18 AND UP

### TENNOVA FAMILY YMCA

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